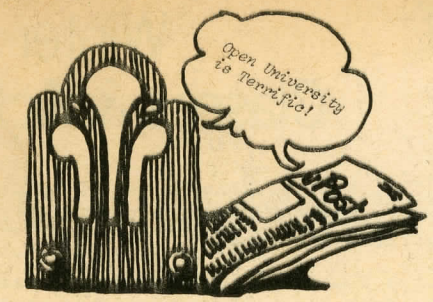
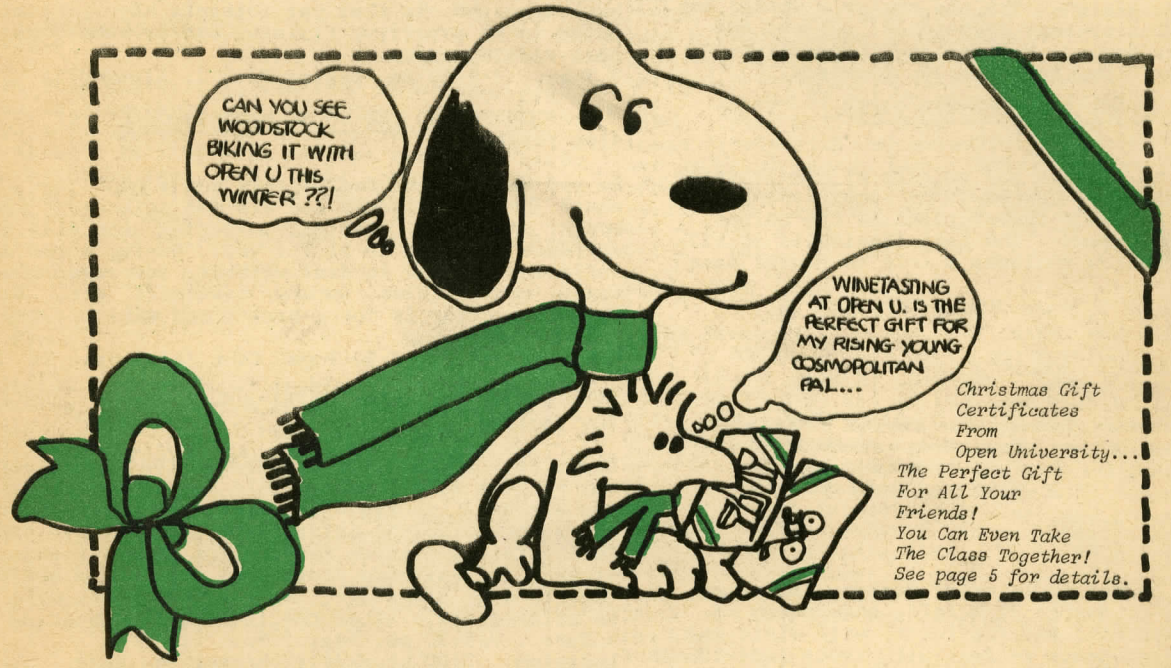
We're the one you've heard about in the Post, the Star, Try-It!, WMAL, WHUR, WHFS, Washingtonian, WJMD.



WINTER SCHEDULE

OPEN UNIVERSITY of Washington

A Non-Profit Corporation


CAN YOU SEE WOODSTOCK BIKING IT WITH OPEN U THIS WINTER ??!
WINETASTING AT OPEN U. IS THE PERFECT GIFT FOR MY RISING YOUNG COSMOPOLITAN PAL...

Christmas Gift Certificates From Open University... The Perfect Gift For All Your Friends! You Can Even Take The Class Together! *See page 5 for details.*

Acting
Arena Stage
Assertiveness
Astrology
Backgammon
Backpack Cooking
Bagels
Bartending
Basketry
Batik
Beginning Cooking
Bicycles
Book Collecting
Bridge
Brunch
Butcherblock
Carpentry
Chess
Christmas Kitchen
Clogging
Communication
Creativity
Crepes
Curry
Dream & Fantasy
Electricity
Energy
Exercise
Feldenkrais
Female Sexuality
Fitness
French Cuisine
Get It All Together
Gourmet Cooking
Greeting Card Convention
Handicapping
Horseback Riding
Hustle
Income Taxes
Interior Design
Jobs, Jobs, Jobs
Kitchens & Baths
Latin Hustle
Let's Net a Bag
Life Drawing
Life/Work Planning
Macrame
Magic
Massage
Meditation
Men
Mexican Cooking
Money
...o. Saharan Cooking
Nursery School
Pantomime
Para Vet
Party Foods
Photography
Picture Framing
Plumbing
Poetry
Post-Liberation Workshop
Pottery
Recorder
Season's Greetings
Self Healing
Self-Hypnosis
Serenity
Sexual Seminar
...96 Classes In all.

FREE CATALOG TAKE ONE

OPEN UNIVERSITY of Washington

A Non-Profit Corporation

Winter Classes & Activities

101. WINE APPRECIATION $12**
Dick Eckert

We will discuss major wine types from throughout the world while tasting representative wines. Topics will range from grapes used, vinification methods, how to read a label, vintages, storage, serving and appropriate accompanying foods. Our palates will be cleansed with bread and appropriate cheeses. **$12 to be paid to teacher for wines, bread and cheese.
2 Weds., 7:30-10 pm, Nov. 10&17,
Location: 4800 Block of Connecticut Ave NW., Wash.

102. JOURNEY INTO POTTERY $10
David Feild

Visit a professional's studio and see all the steps in pottery demonstrated, from making clay to firing the kiln. Watch pots formed on the potter's wheel and learn how glazes are made. Not a guided tour, but a casual, get-your-hands dirty, question-and-answer class session. Try the potter's wheel, ask questions about pottery techniques; explore the whys and wherefores. Relaxed and informative.
Friday, 7:30-10 pm, November 19, Bethesda.

103. HANDICAPPING THOROUGHBRED RACES $35
Armand Lepage

An approach to the art and science of handicapping. The emphasis of the course is on handicapping principles, pre-race observations of the horses, and money management. The last session is an all-day session, which includes a trip to Laurel Race Track.
Nov. 13 & 20, 9-12 noon Field Trip-Dec. 4
3100 Conn. Ave. NW, Wash.

183. NORTH SAHARAN COOKING $7**
Denise Ford

Couscous is number one in this course along with Arabic stuffed onions, lamb okra casserole and pita bread. **$3.50 for food to be paid to teacher.
Thursday, Dec. 2, 7:30-9:30 pm, Bethesda

104. INTERIOR DESIGN $45
Lee Williams Stanna

A practical course in Interior Design. After an introduction to design principles and theory of color, the students and instructor will visit the homes of the students to deal with their individual situations. (If the student wishes) A perfect opportunity to get professional advice and suggestions on how to arrange and choose furniture, use color, deal with windows, lighten, brighten and liven up your own home. Solve your own problems and learn by helping solve the problems of the other students. First class will meet at the instructor's home in Reston. The schedule for the other classes will be set up at that time and car pools formed. Class size limited. Will not meet the Wednesday before Thanksgiving or Christmas.
10 Wed., 7:30-10 pm, Begins Nov. 10

Open University of Washington, Inc.
3100 Connecticut Ave. NW, #104
Washington DC 20008
387-2372, Catalog requests--452-0041

105. BRINGING IT ALL BACK HOME: A POST-LIBERATION WORKSHOP FOR WOMEN ONLY $40
Denise Horton

A 4-week workshop/discussion series for women who feel generally comfortable with having established their own identities as independent persons, and would now like to work on the difficulties of integrating their "new" selves into the framework of important personal relationships with both men and women. Possible topics include: How to maintain independence within a relationship; Is there life after marriage--a second (or third) look; Male impotence/intimidation and the independent woman; A room of one's own: Conflicts of the woman artist; The total woman: Does she know something we don't know? Topics will be changed/added to meet the interests of the participants.

This course will attempt to critically examine both feminist and traditional sides of all issues, and to take a realistic look at the effect of rapid role change for women on our personal lives. Dogma will be actively discouraged. Not required, but suggested, is that participants have participated in an assertive training and/or consciousness-raising group.
4 Tues., 7-9:30 pm, Begins Nov. 2, Alexandria

106. MONEY--AND THE YOUNG PROFESSIONAL $7
Alex Fraser

So you have one or two degrees and a good job. Now what? We will discuss the art and science of making money, including: saving, investing, speculation; entreprenureship, is it for you?; buying a residence; inflation and how to deal with it; leverage; stocks, bonds, convertibles, options; insurance; etc. Note: This instructor is not a broker and will not try to sell you anything.
Monday, Nov. 22, 7:30-9 pm, Conn./Albemarle St. NW

107. PERSONAL INCOME TAXES--DO IT NOW! $30
Guy Thrift

Don't wait until after the end of the year, there may be some steps you can take to save on taxes if you act now! Course will cover those steps; plus, how to organize the information necessary in order to accurately prepare returns for yourself and others; the tax code provisions and how to utilize them to your advantage. Note: This class will not be offered again after the first of the year.
4 Tues., 7-9:30 pm, Begins Nov. 22
Location: 2400 block/41st Street NW, Wash.

108. TAKING CHARGE: ALL ABOUT THE LIFE/WORK PLANNING $25
Penny Marshall

"If you don't know where you're going, you'll probably end up somewhere else." That makes sense. The problem for most of us is--how do you figure out where are you going? One way is a step-by-step process called Life/Work Planning. Course will introduce you to the Life/Work concept, let you sample a few activities from each step, and hlep you decide how to proceed further.
5 Tues., 7:30-9:30 pm, Capitol Hill Begins Nov. 16

109. INTRODUCTION TO BOOK COLLECTING $12
Peter Espenschied

The formation of a personal library, for pleasure or for professional use will be the topic of this class. Will include: first editions and other specialties; encyclopedias and dictionaries; sources of books in Washington, public and private; dealing with dealers; buying vs. trading; when to bargain and how to do it; how to evaluate a book; care and repair of books; disposing of books. Course does NOT include valuation of individual rare books.
2 Thurs, 7:30-9:30 pm, Nov. 18 & Dec. 2
Location: The Book Market, 2627 Conn. Ave. NW

110. INTRODUCTION TO SELF HEALING $16
Jeanne L. Mitchler-Fiks

Our bodies are constantly healing themselves of cuts, bruises, colds, etc., and we don't even think about it, we assume they will. This course is designed to help people become aware of the untapped potential their bodies have to repair themselves from major damage as well as minor problems. Present research into Self-Healing will be presented. Students will learn the basic elements of self-healing and will have the opportunity to practice these.
2 Tues., 7-9 pm, Dec 7 & 15, Alexandria

111. PUBLISHING POETRY $30
Dale Brown

Publish your poetry. It won't do anyone any good sitting in a notebook in your closet. Learn how to type a manuscript that sells itself. Learn where to send it. We will discuss marketing strategy, copyright laws, and little known resources for writers. Get it in print, so you can share your ideas with others.
3 Thurs., 7:30-9 pm, Begins Nov. 11, 18th & M St NW.

112. PARA-VET FOR DOGS $8

113. PARA-VET FOR CATS $8
Ellen Kraus

Coverage of basic medical problems that can afflict dogs and cats from puppyhood and kittenhood to maturity. Discussion of early diagnosis of symptoms of problems that can be treated at home, as opposed to diagnosis of symptoms that indicate a need for professional veterinary services. Coverage of basic medical supplies that should be available for immediate home treatment of simple problems arising in dogs and cats. Discussion of prophylactic treatment. NOTE: There will be one class on dog care and one class on cat care. Each class has separate registration and costs $8.

For Dogs: Monday, Dec. 6, 7:30-9:30 pm
For Cats: Tuesday, Dec. 7, 7:30-9:30 pm
Location: Newark St. off Connecticut Ave.

114. BARTENDING $25**
Pat Sullivan

Learn to make those high-priced fancy drinks..plus mixology, bar equipment, techniques for bar layout, bar employment, do's and don'ts of bar etiquette. We'll practice the basics (hi balls, martinis, manhattens, etc.) and the exotic drinks (Alexanders, slings, etc.). A discussion of wine will be included. **There will be a lab fee also.
4 Mondays, 7-10 pm, Begins Nov. 15, NW Washington

115. BASICS OF FRENCH CUISINE $25**
Marjorie A. Schneider

Tired of blowing $15 a head for a good French meal? Dazzle your friends in the charm of your own home. Here's an opportunity to get the basics of French cooking down in 4 food-filled lessons. In each lesson we will create and sample a fine, French meal from beginning to end. For openers we will prepare Chapon d'Honfleur, Quiche, Ceasar Salad Viniagrette, Puree de Carottes, Filets de Sole Farcis, Mousse, Steak Tartar, Ratatouille. Each lesson will be a feast
4 Thurs. Nov. 11,18, Dec. 2&9
Location: Capitol Hill
**$30 food fee paid to teacher.

116. ENERGY $6
Ken Rubin

A survey of energy supplies, production techniques, and state and federal regulation. Are we running out of natural gas? Techniques to conserve fossil fuels and thus reduce your utility bills.
Tuesday, Dec. 7, 7:30-10:30 pm, 24th & K St NW.

117. ASSERTIVENESS TRAINING FOR WOMEN ONLY $25
Denise Horton

Learn to stand up for your human rights and increase self-confidence. Workshop will train you in specific verbal skills designed to help you achieve what you want without losing your temper or self-respect; deal with authority, cope with criticism, handle commercial relationships (garage mechanics, salesmen, etc.), accept or reject sexual invitations as you wish. Class will be used as a laboratory to experiment freely with new assertive behaviors. Learn to act as equal as you feel. Note: Persons currently under unusual stress should not participate in course. For persons over 18 years of age.
Sec A: Sat., Oct. 30, 9:30-4:00 pm, Alexandria
Sec B: Sat., Nov. 20, 9:30-4:00 pm, Alexandria

118. JOBS, JOBS, JOBS $35

Penny Marshall

Most, if not all, of the "best" jobs are never advertised--they are filled from the inside. This class will teach you how to identify all the sources of information about openings in your field of interest; how to plug into the invisible network of people already working on the problems and/or processes that interest you most; and how to meet the real decision-makers and get them interested in you. Special attention will be given to the needs of those starting new or second careers. Each class member will practice making career contacts on their own mini-survey and report back to the class.
5 Mon., 7:30-9:30 pm, Nov. 8,15,22,Dec. 6&13
Location: Capitol Hill

119. THE NUTS AND BOLTS OF BECOMING A WRITER $25
James Tazelaar

A hardnosed (and very informative) survey of difficulties encountered in putting together novels biographies, poetry, references, anthologies, juvenile fiction, articles, and book reviews. A no-nonsense approach to the realities of writing with emphasis on proven methods, attitudes, strategies, benefits and rewards. It is not a creative writing course but a very practical introduction to the drama behind The Papyrus Curtain.
4 Weds., 7:30-9:30 pm., Nov. 17, Dec. 1,8&15
Location: Annandale, VA

winter calendar

october

30 - HALLOWEEN PARTY, p. 8
Assertiveness, p. 3

november

1 - Back Massage, p. 11
Guitar, p. 6

2 - Post-Liberation, p. 2
Guitar, p. 6
ELECTION DAY PARTY, p. 8

6 - Silk Screen, p. 7
7 - SUPPER & STAGE, p. 8

8 - Crepes, p. 12
Jobs, Jobs, Jobs, p. 3
Self-Hypnosis, p. 10
Soupe, p. 12
Yoga, p. 11

9 - Get it all Together, p.10
Recorder, p. 6

10 - Astrology, p. 10
Backgammon, p. 7
Bike Repair, p. 13
Interior Design, p. 2
Urban Survival, p. 10
Wine Appreciation, p. 2

11 - French Cuisine, p. 3
Poetry, p. 3
TV Dinners & Beyond, p. 12
Your Body, p. 11

13 - Bike Short Course, p. 13
Netting a Bag, p. 5
DISCO PARTY, p. 9

14 - Acting, p. 6
Basketry, p. 7
Brunch, p. 12
Dreams, p. 10

15 - Bagels, p. 12
Bartending, p. 3
Horseback Ridign, p. 8
Mexican Cooking, p. 12
Soupe, p. 12
Sexual Seminar, Men, p. 11

16 - Advanced Bridge, p. 7
Female Sexuality, p. 11
Horseback Riding, p. 8
Meditation, p. 10
Life/Work Planning, p. 2

17 - Nuts & Bolts, p. 3
Single Bliss, p. 10
Begetarian Indian, p. 12

18 - Book Collecting, p. 3
Creativity, p. 10
Massage, p. 11
Party Food, p. 13
Seasons Greetings, p. 5

19 - Bike Clinic, p. 13
Pottery, p. 2

20 - Assertiveness, p. 3
Freeze Dried, p. 12
Horseback Riding, p. 8
GEORGETOWN PARTY, p. 9

21 - Batik, p. 7
Brunch, p. 12
Horseback Riding, p. 8

22 - Income Tax, p. 2
Money & The Professional, p.2
23 - Gourmet Cooking, p. 12

26 - CLOGGING, p. 9
The Hustle, p. 6
27 - Pantomime, p. 6

29 - Men, Where are They, p. 8
Mexican Cooking, p. 12
30 - Fitness, p. 6
Mexican Cooking, p. 12

december

1 - Curry Dinner, p. 12
Massage, p. 11
Wine Tasting, p. 8

2 - Christmas Cooking, p. 5
Feldenkrais, p. 11
Mexican Cooking, p. 12
No. Saharan Cooking, p. 2
Photography, p. 7

3 - JOINT PARTY, p. 9
Stage Make-up, p. 6
4 - Bike Short Course, p. 13
Macrame, p. 7
Tap, p. 6

5 - Chorus Line, p. 6
Basketry, p. 7
Greeting Cards, p. 5

6 - Chess, p. 7
Magic, p. 6
Paravet-Dogs, p. 3
Serenity, p. 10
Shish Kebobs, p. 13
WASH Radio, p. 5

7 - Energy, p. 3
Female Sexuality, p.11
Paravet Cats, p. 3
Self-Healing, p. 3

8 - Communication, p. 10
Pantomine, p. 6
9 - Advanced Chess, p. 7

10 - Latin Hustle, p. 6
12 - VETERANS HOSPITAL PARTY, p. 9
13 - Sleep Clinic, p. 10
Death & Dying, p. 11

18 - CHRISTMAS PARTY, p. 9
Nursery School, p. 5

31 _ NEW YEAR'S EVE PARTY, p. 9

Season's Greetings

120. IN THE CHRISTMAS KITCHEN $12
Thom Feild

Some people begin in September just to prepare goodies for the season, but the 2nd of December is still in time to do some gift baking, ornaments, and confections for the armies and eating ahead. We'll make Lebkuchen, Gingerbread for hanging, Baker's Clay, and fresh Cranberry juice. We'll also discuss punches and preparations for holiday bashes. Altogether a pragmatic and spirited evening.
Thursday, December 2, 7-10 pm, Calvert/Wisc. Ave

121. SEASON'S GREETINGS $10**
Kathy Zantal-Weiner

Say "Season's Greetings" with merrily wrapped packages that hold special holiday treats. Give more of "you" than a store bought gift indicates. Come and listen to Christmas Carols while we make baklava, orange marmalade, scented sugars, horseradish mustard, Greek koubrabidis, a cheese spread, and wreath cookies made from cereals. Bring small jars to take home goodies made in class.
Thursday, Nov. 18, 7-10 pm, Wisc/Calvert ST NW, Wash.

122. GREETING CARD CONVENTION $10**
Thom Feild

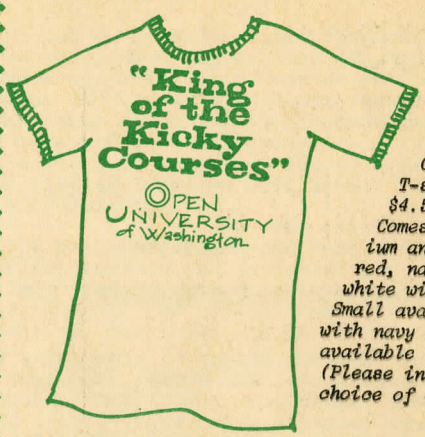
This year you really are going to print your own cards. A one-session class designed as an introduction to silk screen printing, and within a few hours you'll create a handsome pile of 20 to 40 cards (or more) of your own design. Wear "paint clothes" to class, and bring along a simple sketch and some suitable colored paper (or blank stationery with matching envelopes if you like). Your cards will even be done early enough to meet postal deadlines for Europe and Africa. **$2 additional for inks and materials paid to instructor.
Sunday, Dec. 5, 1-5 PM, Calvert/Wisc. Ave NW, Wash.

123. NURSERY SCHOOL FOR ADULTS $6
Joe Jeff

Do you miss the simple joys of childhood? We all from time to time long to skip rope, color pictures, finger paint and bounce a ball just as we did in early childhood. Join us for a brief return to childhood where we will play games, sing songs, explore creative drama and discover the special joys of a child's world, and rediscover ourselves in creative motion! We supply apple juice and cookies. P.S. Stuff this class in a friend's stocking and label: Open Before Christmas! A great gift!
Saturday, Dec. 18, 10-12 noon, 3333 Conn. Ave NW

124. AN EVENING AT WASH RADIO **$5
John Dowling

A tour of Radio Station WASH-FM, showing what has to be done to get the music, information and commercials on the air--and how we keep our sanity in the process. The tour will include the studios, control rooms, newsroom and bar. You'll enjoy radio more after you see where it's coming from.
**The $5 will be used to give a party for the veterans at the VA Hospital on December 12. See page 9 for details. Please make reservations for the tour by mail.
Monday, 6-8 pm, December 6, WASH Radio, NW Wash.



Get your Open U T-shirt for only $4.50. Order now! Comes in small, medium and large and in red, navy, sand and white with navy trim. Small available in white with navy only. Large available in white and red. (Please indicate second choice of color.)

Please send me the following Open U. T-shirts:

Size _____ *Color* _____
2nd Choice _____

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Please enclose payment with your order

****HOLIDAY GIFT IDEAS****

Open University Gift Certificates will make a wonderful Holiday gift for your friends. Just send us a check for any amount that you wish and the name and address of the person you wish the gift to go to. We will do the rest. Your friends can apply the amount of the Certificate toward any class they choose at any time. Don't delay, we don't want your gift to arrive late. P.S. Or how about a "King of the Kicky Courses" T-shirt?

This certificate entitles you to apply $10.00 *for any Open University class of your choice.*

To: Kahlua (for Dog Obedience Training only!)

From: Sandy B.

Happy Holidays.

125. LET'S NET A BAG $8**
Martie Holmer

A perfect Holiday gift! Learn the simple technique of knotless netting used for centuries in Central and South America and other parts of the world. We will see slides, try some of the different varieties of netting, and get a good start on making an interesting, colorful, and extremely useful carry-all bag. **$1.50 for materials paid to teach.
Saturday, Nov. 13, 1-4 pm, Capitol Hill

DANCE, THEATRE, MUSIC

126. BEGINNING ACTING $30
Joe Jeff

A course for those who thought it would be fun to try acting or those who want to get back into acting. Work will be on the basics of stage movement, voice, gestures, creating a character, script interpretation, improvisation. Even the most timid beginning actor will delight in the new discoveries we will make. Course concludes with scene study where actual scenes from great plays will be presented.
5 Sun. 8-9:30 pm, Begins Nov. 14
Location: 3333 Conn. Ave NW, Washington

127. PRACTICAL STAGE MAKE-UP FOR BEGINNERS $15
Joe Jeff

Course will include demonstrations of procedures used to transform students' faces into animal, old age, fantasy and surreal characters. Techniques covered include how to make wrinkles with tissue paper, how to handle nose putty to build a real schnozz and how to weave and apply false hair pieces. Make-ups demonstrated will be suitable for TV, stage and film work as well as close-up use for masquerades. A list of supplies and sample face chart will be given each student plus a resource guide for future reference.
2 Fridays, 7-8:30 pm, Begins Dec 3
Connecticut/Devonshire Ave NW, Washington

128. BEGINNING MAGIC $6
Joe Jeff

Now you see it, now you don't! The history of magic, biography of major magicians plus actual feats of magic you can do to amuse friends and family. All tricks performed can be manufactured at home with little expense. Performance suggestions (patter) will be included plus ideas for getting started performing for parties, conventions or just to amuse and mystify your friends!
Monday, Dec. 6, 7:30-9:00 pm, Conn./Devonshire NW

129. PANTOMIME WORKSHOP $15
Joe Jeff

Course shares techniques for developing sensory awareness, and selectivity in creating a character and responding to audience vibrations. Course concludes with performance suggestions.
2 Wed., Dec 8&15, 8:30-10 pm 3333 Conn. Ave

132. HUSTLE CLASS PARTY $8
Vic Daumit & Mave de la Pena

Again, Vic and Mave will be conducting this popular one-session Hustle class. You are certain to be "hustling" by the close of this fun-filled session. Refreshments included.
Friday, November 26, 9-11 pm
Location: 3333 Connecticut Ave NW, Washington

133. LATIN HUSTLE $8
Vic Daumit & Mave de la Pena

Now that you've learned the basic Hustle, come and learn the Latin Hustle which is presently the popular version being seen in the discos. (Even if you don't know the basic hustle you can learn the Latin hustle in this one session.) Refreshments included.
Friday, December 10, 9-11 pm 3333 Conn. Ave NW

130. BEGINNING TAP DANCE $17
Joe Jeff

Students continue to rave about this course ... yes, anyone can learn to Tap Dance! Remember the glorious days of Ruby Keeler and Dick Powell shuffling off to Buffalo? Course will include one choreographed routine from this era (after we learn the basics) and a list of steps for each session to aid in your retention. Make this the fall you will fulfill that life long dream ... learn to Tap Dance, for Fun!
2 Sats., 10:30-12 noon, Begins Dec 4
Location: Vic Daumit Studios, 3333 Conn Ave.

131. THE CHORUS LINE FOR BEGINNERS $17
Joe Jeff

This class is designed to take even the most beginning student and place you in the spotlight shuffling along to music from many of Broadway's greatest musical triumphs. Join Open U's Chorus Line for fun and EXERCISE.
2 Suns., 5-7 pm., Dec. 5 & 12
Location: Vic Daumit Studios, 3333 Conn Ave NW

134. POST THANKSGIVING DINNER-PRE-CHRISTMAS DINNER FITNESS $30
Joe Jeff

Over 20,000 Americans are currently enrolled in Aerobic Dancing classes and now we are delighted to be able to offer you the opportunity to participate in this exciting dance class for the first time in greater Washington! Aerobic Dancing is a specialized series of fun choreographed dance routines designed for the non-dancer to increase the flow of oxygen in the blood stream. It strengthens the heart muscle as well as provides the needed movement activity to keep the circulatory system active.
4 classes, Nov. 30, Dec 2,7&9, 8-9 pm
Vic Daumit Studio, 3333 Conn. Ave NW, Wash.

INTERESTED IN PLAYING IN A WOODWIND ENSEMBLE?

If you play flute, bassoon, oboe, or French horn and would like to help form a woodwind ensemble, please call: Mark Kapner, 820-5177 evenings.

135. BEGINNING ALTO RECORDER $30
Myra Morris

Enjoy playing music--alone and with others! The recorder is a relatively simple instrument to learn; you will be able to play simple pieces from the start. The popularity of the recorder is increasing greatly, as a solo instrument and in ensembles. The course will be an introduction to basic music reading skills, the mechanics of playing the recorder, and technique.
6 Tues. 8-9 pm, Begins Nov. 9, Bethesda/Glen Echo

136. BEGINNING GUITAR $20
Sherry Small Sundick

Course will emphasize folk and rock music and students will be taught chords, bass runs, picking styles, strumming techniques and songs.
Sec A: 4 Mon., 7:30-8:45 pm, Begins Nov. 1
Sec B: 4 Tues., 7:30-8:45 pm Begins Nov. 2
Location: Potomac, Md

CRAFTS & PHOTOS

137. SILK SCREEN PRINTING $30**
Thom Feild

A thorough introduction to this fulfilling indoor sport. While covering the basic methods (including paper stencil, lacquer film, tusche & block out) you'll be able to finish off with printed t-shirts, cards, posters, prints, or whatever! A perfect class for getting ready for the holidays...
**$10 materials fee paid to teacher.
4 Sat., 10 am-1 pm, Nov. 6,13,20&Dec. 4
Cathedral & New Mexico Aves., Near Amer. U. Area

138. LIFE DRAWING $21**
Alan Wald

A live model will be used for this course which includes discussions in an informal atmosphere. The course includes a traditional classical approach to drawing, plus an acquaintance with the fundamentals of modernism.**$2 Model fee each class.
7 Sun. 2-4 PM, Begins Nov. 7
Location: 800 blk/ F St NW, Washington, in an historic landmark building across the street from the National Portrait Gallery

139. MACRAME PLANT HOLDERS $10
Jean Engel

Tired of paying a lot for not so nice hanging plant holders? Learn in this course to make them yourself, even if you've never macramed before. Great for gifts. Various techniques offered, materials supplied.
Saturday, Dec. 4, 9-12 noon, Takoma Park

142. BATIK & FABRIC DESIGN $25**
Rowen Schussheim

Course will cover batik, hand-painting, and block printing. Make a scarf, pillow, wall hanging or whatever. Bring 2 yards unbleached muslin to 1st class. **$3 materials fee to be paid to teacher.
4 Sundays, 1:30-3:30 pm, Begins Nov. 21
Location: Dupont Circle

143. COILED BASKETRY $15**
Rowen Schussheim

Coiled basketry techniques such as those used by American Indians and in basketry revival art objects of today. Come make a basket and be creative!
**$2 material fee paid to teacher.
2 Sundays, Nov 14&21, 10 AM- 1 PM, Dupont Circle

144. TWINED BASKETRY $15**
Rowen Schussheim

Twined basketry techniques susch as those used by American Indians and in basketry revival art objects of today. This course will cover different techniques than the coiled basketry. **$2 fee for materials to be paid to teacher.
2 Sundays, Dec. 5 & 12, 10 AM-1 PM, Dupont Circle.

145. PHOTOGRAPHY FOR BEGINNERS $15
Marshall Cohen

Using a camera is fun and easy. No need to have disappointing photos any more. This class is designed to familiarize the novice with basic camera usage and the operation of their camera--complicated relationships, shutter speed, lens openings, film ASA, etc. will be explained. The second class will cover the elements of photographic composition.
2 Thursdays, Dec. 2 & 9, 7:30-9:30 pm, Chevy Chase

GAMES

140 CHESS FOR BEGINNERS $6
Alex Fraser

Simplified method. Includes copy-righted pamphlet with diagrams of chess information which will enable you to play the first day. Learn as much in one session as you can with hours studying a standard text. We'll learn the one best opening and why it is; value of the pieces; when and why to trade pieces, etc. Bring chess set to class. Staunton pattern preferred. Note: This class will not be offered again until Spring of 1977.
Monday, Dec. 6, 7:30-9 pm, Conn./Albemarle NW, Wash.

141. CHESS FOR ADVANCED BEGINNERS AND INTERMEDIATES $6
Alex Fraser

If you know how to move the pieces but aren't WINNING this class is for you. Learn where knight is most powerful; how to mate with king and one rook; the difference between a pin and a skewer; which is the best possible fork; how to easily avoid your opponent's knight; etc. Price includes copy-righted pamphlet. Bring chess set to class. Staunton pattern preferred. Note: This class will not be offered again until Spring of 1977.
Thursday, Dec. 9, 7:30-9 pm. Conn./Albemarle NW

Lew Galli won the Convention Night pool at the GOP Convention party. He has most generously donated the entire $20 to Children's Hospital. To show that generosity is contagious, we've matched his gift and sent $40 to Children's.

146. ADVANCED BRIDGE $25
Steve Gregory

Learn and practice conventions, finessees, and coups. Duplicate technique and strategy. Psychological plays.
4 Tues., 7:30-9:30 pm, Begins Nov. 16
3100 blk./Connecticut Ave, NW Washington

147. BACKGAMMON $25
Steve Gregory

Class will cover all of the fundamentals and rules of the game; equipment, set-up, object, starting to play, dice odds, how to know when you have the advantage or when your opponent has it, and doubling cube.
4 Wed., 7:30-9:30 pm, Nov. 10&17, Dec. 1&8
Location: 3100 Connecticut Ave NW, Washington

148. WINE TASTING $8

Join us on a trip through the vineyards of France, Germany, Italy and America. We will discuss the differences in wines, their bouquet, fragrance, and taste. What is the proper way to taste a wine, open and pour wine? Comparison on white, red and rose. Will include a discussion and sampling of champagne. P.S. Wine, champagne, crackers and cheese are all included.
Wednesday, Dec. 1, 9-11 pm, NW Washington

149. MEN--WHERE THEY ARE, HOW TO MEET THEM $4
Alex Fraser

If you are a woman who is new to Washington, or just getting back into the local social scene after a separation (or whatever), come to this brief, fact filled discussion. Included: "meat markets" and how to avoid them; twenty religious groups for young singles; a comparison of night spots or Tramps vs. The Quonset; over 100 special interest (drama, sailing, skiing, etc.) groups that will welcome you; the largest and most active single qua single clubs; computer dating and other disasters. Fee includes list of 200 current clubs, goups and organizations, most of which are not in the phone book.
Monday, Nov. 29, 7:30-8:30 pm, Conn./Albemarle St NW

150. HORSEBACK RIDING $48 & 80
Jackie Mock, Equitation Riding Stable

Practical horseback riding designed for different levels of ability: beginning, beginning + and advanced beginning. Classes are limited to 7 persons. Students can choose 6 or 10 classes. The 6-class series is $48 which includes 2-one hour practice sessions. The 10-class series is $80 including 4-one hour practice sessions.
BEGINNERS: Cannot trot and post well.
Sec A: Saturdays, 1-2 pm, Begins Nov. 20
Sec B: Sundays, 10-11 am, Begins Nov. 21
Sec H: Sundays, 12:30-1:30 pm, Begins Nov. 21
Sec C: Tues.& Thurs., 7-8 pm, Begins Nov. 16
BEGINNERS +: Can trot & post well and has basic positions
Sec D: Saturdays, 2:15-3:15, Begins Nov. 20
ADVANCED BEGINNERS: Can canter with secure position.
Sec E: Saturdays, 3:15-4:15 pm, Begins Nov. 20
Sec F: Sundays, 11:15-12:15 pm, Begins Nov. 21
Sec G: Mons. & Wed., 7-8 pm, Begins Nov. 15
Location: Centreville, Va (approx. 1 hr from Washington. Maps sent.)

OPEN UNIVERSITY is happy to report that we had over 1,000 students enrolled in classes in September/October. With 96 classes for November/December, we will expect to do as well. We distributed 30,000 catalogs in the Washington area thanks to many people. We especially want to thank all of the commercial establishments which allowed us to leave catalogs for their customers to pick up. If you would like to puc Open U catalogs in your store or business, just let us know and we'd be happy to send you some.

Please send us _____ catalogs and we will distribute them for you.

Send to: _____

_____

_____

HELP! I am being held prisoner. Listen Carefully please... **1**

On October 30 at 9pm my Captors will be away for a few hours. By the light of the moon you can save me. I warn you - come disguised so no one will be suspicious - Come as you are... ONLY IF YOU DARE. Follow my directions carefully... At 6900 Wisconsin Ave. in Chevy Chase you will find the Diamond Head Restaurant. Behind this is the torture chamber + dungeon where I am being held. I will arrange for the door alongside the restaurant to be left open for you to sneak in. It will be marked in Code (OPEN U) so only you + I will know what's going on. Park your coach in the lot just South of the restaurant on the street, or in the public lot a block north on Wisc. I cannot last much longer. P.S. The guards at the door will give you no trouble. Just slip them $2.50 and they will keep still. The wine + spirits guards will also need to be bribed: $1.25 drinks, $1.00 beer + $.50 soft drinks. The drums + music will cover up any noise you might make.

Please don't fail me. BE CAREFUL...

ELECTION NIGHT

Tuesday, NOV. 2, 9 pm **2**

Join in the battle of the Carter fans vs. the Ford fans. The television sets will be tuned in to the networks so you can view the play-by-play action. Open U will also be having its own balloting and no doubt will be able to come up with some sort of pool to make things more interesting. See you there--In Georgetown, 1600-30th ST NW, corner of 30th & Q Street. Beer, Wine, Snacks, $3.50.

SUPPER&STAGE

Sunday, NOV. 7, 5:30 pm **3**

Arena Stage and Open U are producing a show you won't want to miss. The Arena will be presenting "Saint Joan" by George Bernard Shaw. Open U will be preparing a light supper for everyone before the show. The menu has not been chosen, however, the chef will be Sandy Bremer. After supper, Stanley Handleman will talk about Shaw and the play. Stanley Handleman worked in the Arena in "The Great White Hope" in 1967, has taught theatre, and worked acting and directing in TV in New York. Take a sumptuous supper, an interesting discussion and good show--and you end up with a wonderful Sunday night Please, make reservations by November 1, use the class registration form on the back of catalog. Supper & Show, $12
Supper will be served at 5:30 pm.

DISCO 4

SATURDAY, NOVEMBER 13, 9pm

Grab your dancing shoes and join the Openers for some disco. We'll be giving FREE Latin Hustle lessions at 9:15 so don't be late. FREE drinks, Hustle lessons, dancing, and fun for $3.75.

The party will be held at 3001 Audubon Terrace NW, Washington, in a beautiful home nestled in the trees across from Rock Creek Park--you may have read about it in the Washingtonian. Parking is available. To get there, take Connecticut Aven. to Albemarle, turn east on Albemarle and go to 29th St., turn right and go one block to Audubon, turn right again and it's ½ block to 3001

THANKSGIVING 5

SATURDAY, NOVEMBER 20, 9pm

All you turkeys our there gather around for our Thanksgiving Party. We'll bring the music, drinks and dancing. We're asking for your help in making the Christmas Party at Veterans Hospital more fun. Please bring any books, games or goodies you wish to this party so we can take them to the party on Dec. 12. If you could wrap them in Christmas wrappings, we'd appreciate it, if you can't, we will. Music by Sound Dynamics. All for $3.75 in Georgetown, 1600-30th ST NW (corner of 30th and Q Street).

CLOGGING 6

Friday, NOV. 26, 9pm

THE KICKIEST OF ALL!!! Clog Dancing is uniquely American, a combination of folk, square dance, tap and loads of fun. It's high steppin' and easy to learn. Michelle Gordon will be leading us in this new dance experience. Join us for clogging, hooch, cider, and donuts! Please register in advance if possible. $5, Friday, Nov. 26, 9-11 pm

JOINT PARTY 7

FRIDAY, DEC. 3 , 9 pm

We're joining forces again with Advanced Degrees to bring you the opportunity to meet new friends. We all got together last summer and had a very nice time. This time we'll be at the Ramada Inn, Sky View Room, at 8400 Wisconsin Ave., in Bethesda (about 2 blocks south of the Naval Hospital and NIH). It's on the 5th floor, plenty of parking in the parking unit behind the motel. We'll see you there for music, dancing and conversation. Admission is $2.50 with a cash bar. Drinks-$1.25, beer-$1.00 and soft drinks-$.50 Will look forward to seeing you there on Friday, December 3, 9 pm.

PARTIES

JOIN US... 9

For a Christmas Party at the VA Hospital on December 12.

Open U is organizing a night of entertainment, fun and good cheer for American servicemen living at the VA Hoapital. We'll be serving refreshments, singing Christmas carols and visiting with the patients. Then, as a special treat, we'll have live entertainment for everyone. Music and dancing, too, but the night can only be a great success if you'll be there. We are looking for at least 60 people to set aside three hours and help make Dec. 12 a memorable one for the hospitalized veterans. Please won't you join us. We'll meet in the hospital's recreation room at 6:30 to set up for the party which begins at 7 pm. Sign up now, call Donna at 654-7653, evenings or weekends, to let us know we can count on you, or sign up at one of the other parties.

CHRISTMAS SPIRIT 8

SATURDAY, DECEMBER 18, 9pm

We wish you a Merry Christmas and a Happy Hanukkah. Our last chance before the Holidays to wish you our best so come along for some Christmas punch and goodies, music, conversation and dancing. Dress in your Holiday party clothes and see us there. Alex Fraser's house, 3001 Audubon Terrace NW, Washington. See Party #4 for directions. All for $3.75

NEW YEAR'S EVE 10

FRIDAY, DECEMBER 31. 9pm

Celebrate the New Year with us. We'll take a bit of Disco by Sound Dynamics, add some Dancing and Drinks, a few Hats and Horns, all of our friends and mix them together in a lovely Georgetown House for a wonderful beginning of the New Year. At Midnight we'll have champagne and supper. You are invited. Please make reservations in advance. $10 for Champagne, drinks, supper, dancing... In Georgetown, 1600-30th ST NW.

For Openers, we invite you all to join us at these parties. Come celebrate the many holidays during this season. Unless otherwise indicated, there is no need to make advance reservations, simply show up at the door. Please be prepared to show an ID and if you are married, you must bring your spouse. See you there.

OPEN YOU

151. INTRODUCTION TO MEDITATION $25
Jeanne Mitchler-Fiks

Does the relaxation response seem out of your grasp? Does your mind run at top speed only in the direction it wants to go? Meditation might be the answer for you. Since different things turn different people on, there is no one meditational technique that is right for everyone. This course offers an exposure to six different meditational practices which range from mantras to music plus a chance to practice them and discuss the experience. Course will include a short didactic period, teaching of a meditation, practice of it and discussion of the experience. Three 2-hour periods which would include two meditations and their discussion in each period.
3 Tues. 7-9 PM, Begins Nov. 16 Old Town Alexandria

152. COMMUNICATION/AWARENESS ASSERTIVENESS $20
Ruth Jean Loewinsohn

When you talk to someone, do you wonder if you are getting across to them? Does meeting new people scare you? Are you aware of your own ways of "turning people on or off" by your verbal or non-verbal messages? Are you really able to communicate what you feel inside to another person without feeling guilty? We will explore communication on a verbal and non-verbal level and try to develop more direct ways of expressing ourselves and our needs.
2 Wed., 7-10 pm, Dec. 8 & 15
Location: Hwy 95/King St. Exit, Alexandria

153. INTRODUCTION TO ASTROLOGY $40
Nikki

Astrology is man's oldest science. Present from the beginning of man's recorded history, the scientists of our age have rediscovered it under such names as "solaristics," "lunaristics," and "electromagnetism." Learn to calculate and interpret natal horoscopes yourself. Discover for yourself how to read the character, talents, potential and future of yourself and others.
6 Wed., 7-9 pm, Begins Nov. 10 excluding Nov. 24
Location: Dupont Circle

154. DREAM & FANTASY WORKSHOP $30
Eda Smith

By sharing our dreams and through guided fantasies, we will discover the heroic in our own personalities. Using Gestalt dramatizations, Jungian philosophy and various artistic techniques we will externalize and begin to resolve the conflicts we experience on our Hero's Journey to find and actualize our inner Self: our individuality.
4 Sundays, 2-5 pm, Begins Nov. 14, Capitol Hill

155. DEVELOPING SERENITY $20
Franceen King

Awaken and develop consciousness. Techniques will include breathing, visualization, mantram and practical methods for elimination of emotional and mental tensions and conditioned beliefs. Purpose of work is to teach experiential methods leading to states of happiness, serenity and understanding of internal mental processes.
2 Mon. Dec. 6 & 13, 7:30-10 pm
Location: NW Washington

156. SELF-HYPNOSIS RELAXATION TECHNIQUES $18
Gary Hayman

Why not relax and begin to achieve, succeed and excell. Modern techniques in Self-Hypnosis can be easily mastered by you. Misconceptions, truisms, and applications will be discussed. Simple relaxation and suggestion techniques will be instructed and practiced. Introductory biofeedback equipment will be demonstrated. Students are expected to participate in relaxation workshop sessions and with short home private relaxation practice. Course is designed for only those individuals who desire to succeed. Only for non-medical purposes.
2Mondays, 7-8:45 pm, Nov 8 & 15, Bethesda

157. SLEEP CLINIC $5
Alex Fraser

Learn how to prepare both mind and body for a good night's sleep. Topics include: diet; water beds; the one worst night for sleep; how to relax; mental blocks; choosing your dreams. If you have trouble dropping off, this could be your best investment in years. Note: This class will not be offered again until Spring of 1977.
Monday, Dec. 13, 7:30-9 pm, Conn./Albemarle St. NW

158. GET IT ALL TOGETHER - AND REALLY LIVE $35
Richard S. Bloch

Enrich your life at home, on the job and in the social world. Start to really live by understanding the personality and how it works. An experience with Family System, Transactional Analysis, Assertiveness Training and other popular therapy theories. Discussion, exercises, films. Positive steps to follow.
5 Tues., 7-9 pm, Begins Nov. 9, Springfield, Va.

159. SINGLE BLISS $8
Elsie Bliss

Hey, you, move over into the middle of the bed. You're not only single, you're free. Eat what you like, buy what you want, travel to exotic places, wear what you've always wanted--you're the boss! Be single and please yourself. If you don't, who will? Examine the issues of single life. Discuss informally what the advantages are. Think in terms of not only survival, but joy, as a single person.
Wed., Nov. 17, 7:30-9:30 PM
Location: Grubb Road/East-West Hwy, Silver Spring

160. CREATIVITY - YOURSELF, YOUR CHILD $8
Nannette Schweig

An informal discussion for parents covering why some people seem to be talented, or have creative children, while others unwittingly discourage these qualities in themselves and their children by their actions and attitudes.
Thurs. Nov. 18, 7:30-10:30, Ellicott St NW, Wash.

161. URBAN SURVIVAL $4
Alex Fraser

A potpourri of practical suggestions and ideas including: All parking tickets are not created equal; how to increase your reading speed, the one part of your car most likely to fail and how to fix it in 30 seconds; how to make decisions, how to complain effectively, how to break off an unproductive relationship, rape prevention, improving your memory; hangover relief, etc. "A sampling of the wit and wisdon of Alex Fraser." said the Washington Post. "Alex Fraser enjoys all right." says the Washington Star.
Wed., Nov. 10, 7:30-9 pm. Conn./Albemarle St. NW

YOUR BODY

162. BEGINNING YOGA FOR BODY AWARENESS $25
Marlene Elbin

Basic Hatha Yoga postures will be covered for strength, flexibility and well being of the body. Deep breathing and other relaxation and meditation techniques will be introduced for quieting the mind. Emphasis on individual attention and having people work at a pace right for their body needs.
6 Mon., 7:30-8:30 pm, Begins Nov 8
Location: 17th & M Streets NW, Wash.

163. EXERCISE $35
Figure Factory/Karen Diamond

"Eclectic movement methods" has synthesized the techniques of yoga, ballet, modern dance, correctives, new calisthenics, spot reducing, and breathing exercises. These movements are utilized for toning, cardiovascular efficiency, body awareness, alignment. Get new energy and relieve tension with this regular exercise all done to music. It's Fun! Careful warm-up to begin.
Classes are 7-one hour sessions, Monday-Friday,
Schedule: Students may join class at any time.
Mondays: 7 pm
Tuesdays: 1 pm, 5:30 pm or 8 pm
Wednesdays: 7 pm
Thursdays: 8:30 am, 12:30 pm, 5:30 pm, or 8 pm
Indicate day and time when you register.
Location: River Road/Wilson Lane, Bethesda

164. HOW TO GIVE A GOOD BACK MASSAGE $10
Marlene Elbin

Learn to give the ultimate gift. In a relaxed atmosphere this will be a thorough treatment of how to give and get a relaxing, tension-releasing back massage. You will learn specific strokes, some theory behind the strokes, how to use the hands as a tool, and communication with another through structure and form. Wear loose, comfortable clothing or bathing suits. Bring a towel and a mat or cushioning to lie on.
Monday, Nov. 1, 6-9 pm 17th & M Sts. NW, Wash.

165. MASSAGE WORKSHOP $10
Andrew Gaines

Learn to give a flowing massage for enjoyment and relaxation. Basic strokes for each part of the body are shown, you are also encouraged to improvise. A comfortable easygoing workshop atmosphere develops. Bathing suits or loose clothing should be worn. Bring a towel. Oil and sheets provided.
Sec A: Thurs, Nov. 18, 8-10:30 pm
Sec B: Wed., Dec. 1, 8-10:30 pm
3333 Conn. Ave NW. Wash.

166. FELDENKRAIS AND BIO-ENERGETICS $10
or How to Make Your Body Work for You
Andrew Gaines

The basic principles of good body organization, including a discussion in depth of the Feldenkrais method of body awareness, Alexander technique, and bio-energetic analysis. Wear comfortable clothing, suitable for moving. There will be group exercises that everyone can participate in, plus a demonstration of individual work. No prior movement training required.
Thurs., Dec. 2, 8-10:30 PM, NW Washington

167. SOME THOUGHTS ON DEATH AND DYING $8
Joe Jeff

Many of us have concerns about the reality of our own death or the inevitable death of a loved one. Coping with these fears can be easier to understand when one has explored this subject openly with the supportiveness of others with similar curiosities. Discussion seminar will include selections from Elizabeth Kubler-Ross, Jessica Mitford, Socrates and the Buddhist Wheel of Death as a means to examine our own fear of our passage through death as well as an objective look at the funeral industry in America.
Monday, Dec. 13, 7:30-9:30 pm
Connecticut Ave/Devonshire NW, Washington

168. YOUR BODY, YOURSELF $30
Debra Haffner

This class is designed to help women learn about their bodies and become aware of how they feel about their bodies. It will focus on the concepts of the women's health movement. Gynecological self-examination and breast self-examination will be taught. Different methods of contraception will be explained and discussed. Sharing thoughts and consciousness raising will be a major element of this class.
4 Thurs. 7:30-9:30 pm, Begins Nov. 11
Location: Dupont Circle, 20th & N St NW

169. SEXUAL SEMINAR ABOUT MEN ONLY $8
Alex Fraser

A frank and open discussion of male sexuality and prolonged pleasure. Topics include seminal retention and Karazza; emphasis is on Imsac, muscle/mind conditioning and indefinite control.
Monday, Nov. 15, 7:30-9 pm. Conn./Albemarle St. NW

170. FOR WOMEN ONLY-FOUR HOUR WORKSHOP $17
ON FEMALE SEXUALITY
Linda Levine

This workshop is in response to the many women who have asked for more time--more time to share, to question and to interact with other women around one of the most personal aspects of their lives--that of their sexuality. This workshop is open to any woman who is interested in exploring this issue. It will include a short presentation on sexuality, a film, communication exercises, and a general rap session. A light supper will be served.
Sec A: Tues., Nov. 16, 6:30-10:30 pm
Sec B: Tues., Dec. 7, 6:30-10:30 pm
Location: Capitol Hill

SHORT TERM WORKSHOPS ON SEXUALITY

Preorgasmic Groups: For women who have never experienced orgasm and want to become orgasmic. Ten 2-hour sessions, $20 per session.
Group 1: Sunday & Wednesday, 8-10 pm, Begins Oct. 24 (Breaking for Thanksgiving)
Group 2: Sunday & Wednesday, 8-10 pm, Begins Dec. 1

FOR FURTHER INFORMATION CALL 547-4038

Groups are run by Linda Levine, ACSW, and are based on a model developed by Dr. Lonnie Barbach--author of "For Yourself: The Fulfillment of Female Sexuality."

GOURMETS

171. THE GREAT WASHINGTON BRUNCH $12
Thom Feild

Ever-popular brunch continues! Our 9-course feast and sampler will include several marinades, glazed pastries, eggs, and dessert. Everyone cooks and the atmosphere is sunny and congenial. Recipes, sample menus, food, and Sunday morning libations included.
Sunday, Nov. 14, 11 am-2 pm
Calvert St./Wisconson Ave. NW, Washington

172. BRUNCH II $14
Thom Feild

Finally a sequel to the original brunch extravaganze! For this class expect to concentrate on more of the unusual: imported and domestic cheeses and cheese dishes, home-made as well as specialty shop breads, seasonal vegetables for the morning hours, and wine as well as non-alcoholic drinks for arising. And we never forgo dessert. Recipes, shopping notes, food & beverages included.
Sunday, Nov. 21, 11 am-2 pm, Calvert/Wisc. Ave NW

173. CREPES $7**
Marcia Mazur

A crepe for all fillings. We'll take all the steps to delicious crepes (no special pans or equipment needed). Then we'll fill them--some will be traditional cheese blintzes, some will become dessert. Afterwards, we eat. Recipes distributed. **$2 Food fee paid to teacher.
Monday, Nov. 8, 7:30-9:30 pm,Albemarle/44th NW

174. BAGELS $7**
Marcia Mazur

Come and make crisp tasty, water bagels--the real thing. And then feast on them (with cream cheese) afterwards. Recipes distributed. **$2 food fee
Monday, Nov. 15, 7:30-9:30 pm, 44th/Albemarle NW

175. MEXICAN COOKING $7**
Violet Coulter Bierce

Prepare and sample Mexican specialities: rellenos, sauces, guacamole, tacos, tortilla chips, sopaipillas, sangria, shredded meat fillings, and Arizona variations of the basics such as chimichangas and flour tortilla enchiladas.**Plus $2.50 food fee to be paid to the teacher.
Sec. A: Tues., Nov. 30, 7-9:30 pm
Sec. B: Thurs. Dec. 2, 7-9:30 pm
Location: Alexandria

176. SOME LIKE IT HOT: MEXICAN COOKING $7**
Royal Hutchinson & Jean Engel

A chance to get a taste of some really good, easily prepared Mexican food. Learn how to make enchiladas, refritos, arroz espaffol, tostados, chalupas, and a few variations on the hot sauce theme. A recipe sheet will be included, as well as a complete dinner. **$3 food fee paid at class.
Section A: Mon., Nov. 15, 7-9:30 pm
Section B: Mon., Nov. 29, 7-9:30 pm
Location: Takoma Park

177. FROM TV DINNERS TO THE JOY OF COOKING: COOKING FOR BEGINNERS $25**
Royal Hutchinson

For those folks who don't boil water all that well, and are tired of pre-packaged dinners. Course will include: equipping your kitchen, weeding out cookbooks; how to read a recipe; how to cook an egg, chop an onion; and other culinary adventures. Cooking's no mystery, just a few acquired skills and tricks of the trade. Students will be involved in the preparation and the eating. Pot luck for last class.
4 Thurs., 7-9 pm, Begins Nov. 11 (No class Nov. 25)
Location: Takoma Park **$5 food fee paid to teacher

178. CURRY DINNER $9
Denine Sayani

Find out what curry is and how it's made. Then we will cook a meal beginning with chicken and lentil curry to be eaten with flat bread (chapatis), and finish with a sweet dessert (coconut and bananas). As a bonus we will make vegetable bhajias (fritters) with chutneys for an appetizer.
Wed. Dec. 1 , 7-10 pm, College Park
Price includes food fee.

179. VEGETARIAN MEAL-INDIAN STYLE $9
Denine Sayani

Come prepare a delicious meal of lassi (a yogurt fruit drink), dry mung beans, chick peas and cauliflower, chapatis (whole-wheat flat bread) and farina (dessert made from cream-of-wheat). Food and recipes included.
Wed ., Nov. 17, 7-10 pm, College Park

180. SOUPES $7**
Marjorie A. Schneider

Learn how to cook French Soupes. Each soupe when eaten with French bread and wine makes a very warm and hearty meal. We'll make Soupe a l'Oignon Gratinee, Soupe au Pistou, Zucchini Soupe, and more.**$4 food fee paid to teacher.
Sec A: Monday, Nov. 8, 7-9 pm
Sec B: Monday, Nov. 15, 7-9 pm
Location: Capitol Hill

181. BEYOND FREEZE DRIED FOOD: MASTERING THE ART OF BACKPACK COOKING $11
Royal Hutchinson

A course for those who want to learn to cook on a backpack stove, not just boil water. The various types of backpacking stoves will be demonstrated, their distinct advantages and disadvantages discussed, and their care & feeding explained. The course will also include simple means of drying food for the trail, a look into cooking components, systematic cooking and more. A recipe sheet will be handed out, and sample cooking eaten.
Saturday, Nov. 20, 9-12 noon. Takoma Park

182. GOURMET COOKING $30**
Royal Hutchinson

Learn to prepare those certain dishes which always seemed a little too difficult to tackle, and a couple which you may have not considered: a few quiches, omelettes, two exotic curries, an elegant salad and dressing, a nut casserole, and some tantalizing natural desserts to name a few.This is a class for people who like to cook, and like to eat. Recipe sheets available and enough to eat at each class.**$5 food fee paid to teacher.
3 Tues., Nov. 23, 30 & Dec. 7, 7-9 pm
Location: Takoma Park

MORE--

184. SHISH KEBOBS AND OTHER LEBANESE DISHES $7**
Denise Ford

Learn to prepare meat and spinach rolls (ftyre), cookies (mamsol); how to make and use yogurt, and bulgur wheat. **$3.50 for food and drink paid to teacher.
Monday, Dec. 6, 7:30-9:30 pm, Bethesda

185. PARTY FOODS FOR THE BEGINNER $7**
Denise Ford

...What you've always wanted to know but didn't have the right cook to ask. Learn to make those scrumptious goodies you've eaten at other parties--a fun evening of sampling and sipping. **$3 for food and libation paid to teacher.
Thursday, Nov. 18, 7:30-9:30 pm, Bethesda

HOMES & APTS.

*** LARRY WASSON teaches all of the Home & Apt.
*** classes. Location of all classes in this section is 4700 block of Chesapeake St NW.
**$1.50 materials fee to be paid to teacher.

BASIC PICTURE FRAMING $28
Jan Fraker

Learn to do quality framing on your own, economically and creatively. Course will focus on basic skills for framing frints, posters and paintings. Special attention to the selection of frames, mats, galss and backings will help you best display your artwork. Guided by the instructor, you work with tools and materials through each stage of the framing process. This course will be a prerequisite for Advanced Framing, which will be offered in the next Open U catalog. Advanced Framing will teach students to frame more unusual objets d'art, handicrafts, and items which require more skill than prints and paintings. More difficult methods of framing and mat cutting, such as stacking and beveling, will be taught in the advanced course only.
4 Tues. 8:30-10 pm, Begins Nov. 16, NW Wash.

187. APARTMENT DWELLER & HOME OWNER SURVIVAL $30**
Hang pictures, shelving, cabinets, planters, and lighting from walls and ceilings. Install and replace locks. Construct bookcases and shelves. Handle electrical, plumbing and gas emergencies. Repair and refinish floors. Fix difficult doors and windows.
6 Mondays, 7-8:30 pm, Begins Nov. 8

188. HERE'S A REAL TURN ON...ELECTRICITY $16**
Have safe and plentiful electricity. Emphasis is on how to work with electrical wiring and fixtures using methods that protect you and your house thereafter.
3 Wed., 7-8:30 pm, Begins Dec. 1.

189. KITCHENS AND BATHROOMS $32**
Looking for comfort, practicality and economy in the bath or kitchen? Course includes specific techniques for planning and designing effective work, floor and storage space; and includes electrical and plumbing changes that the home-handy person can easily master. Selection of counters, cabinets and closets; installation of appliances, wiring, pipes, fixtures, flooring, and lights.
5 Weds. 8:30-10 pm, Begins Nov. 10

BICYCLES

190. SELECTING A BICYCLE & KEEPING IT ALIVE $8
Neil Dumas

How to get the best value for your dollar. Learning that every part of a bicycle comes in different sizes--fitting one to YOUR body. Bike maintenance and reapirs you can do. The art of bicycling--shifting, riding techniques, carrying baggage, touring and questions, questions...
Friday, Nov. 19, 7:30-10 PM, Tysons Corner

191. BICYCLE SHORT COURSE $8
Royal Hutchinson

A survival course for people who want to be able to fix those things that most commonly go wrong on a bicycle. We will deal with derailleur adjustment, brake adjustment, chain maintenance, general lubrication, flat tire repair. Students will work on their own bikes. Cables and some tools will be available for purchase.
Sec A: Saturday, Nov. 13, 9-12 noon
Sec B: Saturday, Dec. 4, 9-12 noon
Location: Takoma Park

192. BICYCLE THEORY & REPAIR $25
Royal Hutchinson

An in-depth approach to bicycle maintenance and repair, as well as introductions to the theory behind a 10-speed, bicycling safety, and bike touring. A hard, practical look at biking in general. Students in this course may attend the short course free.
4 Wed., 7-9 pm, Nov. 10&17, Dec. 1&8, Takoma Park

193. BUTCHERBLOCK $12
Learn how to build butcherblock and then construct tables, counters, and chopping blocks. Course explains selection of wood, design and construction of project, and what stains and finishes to use in achieving the effect you wish. Little or no experience and few tools required to create these beautiful items.
Saturday, 9:30-12:30 pm November 20

194. WET PAINT...Plus Wall Coverings and Paneling $18**
It all adds up to an important course in repair and preparation of all types of surfaces, effective methods of applying paints, wallcoverings and paneling. Introduction to the latest labor saving materials and tools.
4 Mondays, 8:30-10 pm, Begins Nov. 3

195. BASIC CARPENTRY $19**
Learn and practice the techniques that are essential for the construction of shelving, cabinets, bookcases, tables, walls, even fencing and outdoor decks. Learn the secrets of strong joints, and how to effectively use nails, bolts, screws, hinges, glues, clamps, and other fasteners. Know exactly what woods and materials are best for each project and for your pocketbook. Instead of calling the carpenter the next time a window or door won't close, you will be able to solve the problem.
Sec A: 4 Tues. 7-8:30 pm, Begins Nov. 9
Sec B: 4 Thurs., 7-8:30 pm, Begins Nov. 18 (excluding Thanksgiving)

196. BASIC PLUMBING $18**
Lightweight materials and new concepts in engineering and assembling plumbing make it easy for anyone to repair or install water fixtures and drainage and gas pipes. Course covers tools, materials and easy to understand techniques.
4 Thurs. 8:30-10 pm Nov. 18, Dec. 2,9&16

OPEN UNIVERSITY offers classes of contemporary interest to knowledgeable adults. It functions as an educational broker between persons with a knowledge of an interesting subject and those wishing to learn. Classes are short-term, inexpensive and non-credit. There are no prerequisites for enrollment other than the desire for knowledge.

The best advertising we can have is your endorsement. If you like what we are doing, tell your friends or give them a catalog. If you know of a good place to leave catalogs, we'd be happy to send you a bunch to put there. Or we'll send you two each time, one for you and one for a friend. Just check the box on the registration form.

Sandra L. Bremer, President

REFUND POLICY

If you decide not to take a class you have registered for, you may obtain a full credit refund by returning your class ticket to Open University at least 5 days before the beginning of the class. One-half credit will be given after that time. All cancellations must be made by mail and the class ticket must be included to receive any credit. No credit refund is available after the class begins except:

> *If you attend the first class meeting and during the first hour you decide that the class is not what you had expected or you are not satisfied, have the teacher sign your class ticket and return it to Open University within seven days of the class and receive a full credit refund.*

A Credit Refund can be applied toward any other Open University class for one year.

A cash refund will be made if a class is cancelled, or if the time or location is changed which would prohibit your attendance. Please return your class ticket to Open University to obtain the refund.

TEACHERS WANTED

Teachers provide the space space for the class and the knowledge of the subject. Most of the classes are taught in the teacher's home and meet on weekends or evenings.

If you would like to offer a class, call Open U at 452-0041 and leave your address and phone number. We will send you the information. Be sure to mention that is is the teaching information that you want.

We're looking to expand more to Maryland and Virginia, so if you live there and are interested in teaching, don't hesitate to call.

THE DEADLINE FOR THE JANUARY/FEBRUARY CATALOG IS November 15.

WHO'S WHO AT OPEN U.

SANDRA L. BREMER, President of Open University, will be the head chef at the Supper & Stage Party. She is a former Peace Corps Volunteer, was active in community theatre on and off stage, and loves to dance.

VIOLET COULTER BIERCE acquired a passion for chiles during her childhood in California and Arizona, and has actively pursued it since.

ELSIE BLISS is an Academic Studies Assistant for Fellowship programs at the Smithsonian. She is a free-lance writer, satirist, and actress on stage and TV.

RICHARD BLOCH, MSW, is a licensed social worker in private practice of family counseling.

DALE BROWN has published over fifty poems in books, newspapers, and journals including "The Evening Star". "The Archer", and "Jean's Journal". She has taught poetry classes for the Denver Free U. and Washington Free U.; she now works as an administratvie assistant at the American Occupational Therapy Association.

MARSHALL COHEN is a free lance photographer, specialzing in travel, portraits, interiors. He has won over 20 awards including gold, silver and bronze medals in competition. Works have been exhibited locally.

VIC DAUMIT & MAVE de la PENA Washington's leading dance instructors will lead two Hustle classes guaranteed to have you Hustling in time for the Holiday parties.

KAREN DIAMOND has been supervising an exercise program for the past three years. She has studied dance, anatomy and kinesiology, advanced anatomy and correctives.

JOHN DOWLING is an announcer at WASH Radio; he graduated from the U. of Md. with a degree in speech (Radio-TV).

RICHARD ECKERT has been active in California Wine appreciation circles, conducting tastings and participating in evaluations of domestic and foreign wines.

MARLENE ELBIN has a degree in Dance and a certificate in Massage Therapy from the Luther Rice College of Healing Arts. She has been teaching and doing massage professionally for 2 years; and teaching yoga for George Washington University, the State Department, the US Senate and other organizations.

JEAN ENGEL is a graduate student at Western Maryland College in Death Education and has been doing macrame for 7 years. She makes her living doing crafts; she is also a plant lover.

PETER ESPENSCHIED is proprietor of The Book Market, one of the Washington area's larger second-hand bookstores.

DAVID FEILD is a fulltime production potter specializing in functional, wheel-thrown porcelain and earthenware. Has worked as production "thrower" in Ohio folk pottery before setting up his studio in Bethesda.
THOM FEILD has been silk screening since he was five and professionally since 1971. Presently he designs graphics as Raisin Hopes Design and is also writing a vegetarian cookbook with recipes collected from vegetarian restaurants across the country, fellow cooks, and his family. Thom also designed the Open U T-shirts.
DENISE FORD learned her Arabic cooking when living in Syria for two years. She learned her party techniques from her mother who prepared food for embassy parties.
JAN FRAKER has several years experience as a professional picture framer. His designs have been used by art galleries and private homes.
ANDREW GAINES is exceptional among body therapists in his ability to combine the structural principles of Feldenkrais, Alexander techniques and Tai Chi Cuan with the emotional working through of bio-energetics and guided fantasy.
MICHELLE GORDON recently has opened up her own dance center "Joy of Motion". She is a teacher, performer and choreographer; she currently performs with Free Association Dance Company here in Washington.
STEVE GREGORY became a Life Master of the American Contract Bridge League after only 3 years of playing. He is listed in the Official Encyclopedia of Bridge, has 5 regional titles, numerous sectional titles and represented the U. of VA-Intercollegiate Bridge Tournament.
DEBRA HAFFNER is the Resource Center director for the Population Institute. She has been lecturing widely on the self-help movement for 3 years and is a trained birth control and problem pregnancy counselor.
GARY HAYMAN, a certified Hypnotechnician, is the director of Professional Hypnosis Services, conducting full-time Hypnotechnology on a professional referral basis as well as teaching Self-Hypnosis techniques and applications to his clients. He is affiliated with AAEH, AIH, ISPH.
MARTIE HOLMER has taught a wide variety of textile and basketry classes in the DC area, and has spent considerable time studying textiles, and experimented widely, combining contemporary materials with traditional niques.
DENISE HORTON holds an Ed.M. in Human Development from Harvard and is currently a PhD student at GWU. She has been conducting groups for the past 1½ years.
ROYAL HUTCHINSON has traveled from coast to coast on his bicycle and has worked as an American Youth Hostels summer bicycle trip leader; and know everything about bicycles.
JOE JEFF has been teaching adults to dance, act and discover new areas of creativity in recent years. He just returned from London where he was guest artist at the Dance Centre. He has been featured in Time & People Magazines and CBS News. Currently Artist in Residence at the Vic Daumit Studios and Professor of Dance at GWU.
FRANCEEN KING has studied yoga, biofeedback, the Western approach to mind control, and esoteric mysteries in general. She is President of Spectrum Associates, Inc., a training and consulting firm.
ELLEN KRAUS is the neighborhood paravet and has successfully recognized and treated simple medical problems in small mammals, of which both the diagnosis and treatment later have been corroborated and concurred by the vet.
ARMAND LEPAGE has studied horse racing as a hobby for four years; after much experimentation on Saturdays, he went to Bowie 41 days and made $$$.
LINDA LEVINE is in private practice doing psycotherapy with individuals and running groups on sexuality for women. She received her training from Dr. Lonnie Barbach.
RUTH JEAN LOEWINSOHN taught at the open university in San Francisco. She is a California licensed marriage and family counselor and has had experience with the growth movement and human potential.
PENNY MARSHALL is a former TV news producer and investigative reporter with special interest career development and life work planning. Using her investigative skills, she has pursued mini-careers in advertising, education, politics and the law. She is currently working on a book on alternative careers for women.
MARCIA MAZUR has sold her sewing creations in Georgetown, Spring Valley and Silver Spring shops and has also worked in conjunction with other designers. She is a published author and the neighborhood breadmaker.
JEANNE MITCHLER-FIKS has been a TM Meditator for 4 years. She has and is studying healing from a number of teachers and is part of Lawrence LeShane's research project on psychic healing. She has a MSW and works in a private psychiatric hospital in addition to her private practice of psychotherapy patients with whom she uses meditation.
JACKIE MOCK has held three national ratings in riding. She has had her own riding school for 18 years.
MYRA MORRIS has played recorder for 12 years and has taught recorder to children for several years.
NIKKI is a long time student of astrology, Eastern religions and esoteric philosophy. She is a commercial artist.
KENNETH A. RUBIN is an environmental and energy attorney in private practice who formerly worked with the EPA. He has a Masters in environmental engineering.
DENISE SAYANI learned her early knowledge of Indian cooking from her husband, a native of Bombay. Since then, she has visited India and received recipes from his family and has been teaching Indian cooking for 3 years.
MARJORIE SCHNEIDER has recently completed an advanced class in"Haute Cuisine" in NYC taught by a graduate of "Le Cordon Bleu" of Paris. She has a Masters in French Literature and has taught French and Spanish.
NANNETTE SCHWEIG is an artist and poet and has been teaching for 20 years. She has exhibited in over 15 shows.
ROWEN SCHUSSHEIM has a BFA from the School for American Craftsmen, and Rochester Institute of Technology. She has taught many workshops in fiber arts and is presently designing fabric.
LEE WILLIAMS STANNA is President of Lehman-Stanna Associates, a design firm located in Reston. Ms. Stanna has had wide experience in creating interiors for both residential and commercial clients.
PAT SULLIVAN has organized her own organization which caters parties as bartenders.
SHERRY SUNDICK has taught guitar for 4 years. She organized a group called Bicentennial Minstrels which played around the area for the celebration of the Becentennial.
JAMES TAZELAAR has written juvenile fiction, biography, anthology, reference, espionage novel, etc., etc. and has been published.
GUY THRIFT is a self-employed CPA whose special interest lies in personal planning.
ALAN WALD received his BA in Fine Arts and attended GWU and the Corcoran School of Art.
LARRY WASSON is an interior designer and contractor who likes to teach. He recently arrived from NYC where he renovated stores, lofts and apartments. After years of teaching apprentices, he now offers his knowledge to the do-it-yourselfer.
KATHY ZANTAL-WEINER is a second generation Greek and learned to cook from her Greek grandmothers. She has also visited Greece.

ALEX FRASER founded Open U, as well as Opal Oil Company, Art Galleries, Ltd. of Georgetown, and Capital Yachts, Inc. Hobbies include acting, swimming, writing and 3-D doodling.

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TO REGISTER

Fill out Student Class Registration form and mail with class fees (check or money order) to:

OPEN UNIVERSITY OF WASHINGTON, INC.
3100 Connecticut Ave. NW, #300
Washington, DC 20008

You will receive Class Tickets with the exact class location by return mail.

If a class is full, you will be notified. Many times we schedule additional sections of classes when the registrations warrant. If you are unable to get into a class you have registed for because it is full, you will receive a refund. Check page 14 for our refund policy.

LATE REGISTRATION

Call Open University at 387-2372 to find out the location of the class. Report to the class at the specified time and location and register with the teacher. Leave a check for the class fee with the teacher. Please make all checks and money orders payable to:
Open University of Washington, Inc.

Our catalog request number is 452-0041. This is a 24-hour answering service.

Office Hours 9 am - 5 pm

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Rona Mendelsohn calls Open University the "King of the Kicky Courses" in the August issue of WASHINGTONIAN MAGAZINE.

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(They'll thank you for it!)